

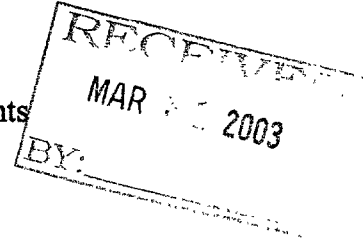


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March 11, 2003

Office of Nutritional Products, Labeling, and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, DC 20204



Re: 21 U.S.C. Section 343(r)(6), Notification of Statements on Dietary Supplements

Dear Sir/Madam:

I hereby notify the Food and Drug Administration ("FDA") of the use of statements of nutritional support in the labeling of Phase 2, a dietary supplement.

Statements being made in the labeling of Phase 2:

(1) Alpha-amylase is a digestive enzyme that breaks down starch into smaller carbohydrate units that can subsequently be broken down into the simple sugar, glucose. Glucose is absorbed directly into the bloodstream following its uptake by intestinal cells, resulting in a relatively rapid rise in serum glucose levels. Glucose is used by all cells of the body to fuel metabolism. Excess glucose, however can be converted into fat and stored in adipose tissue. NOW Phase 2 is an all natural bean extract that inhibits alpha-amylase activity, thereby preventing the breakdown of dietary starches into glucose, allowing carbohydrate from starch to pass through the system unchanged.

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. NOW Foods possesses substantiation that the statements are truthful and not misleading.

Jim Roza
Director, Quality Assurance
NOW Foods
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